

## First Team Celebrates Army's 229th Birthday



By Spc. Marie Whitney, 122nd MPAD

**Celebrating the Army's 229th birthday, Maj. Gen. Peter Chiarelli, commanding general of the 1st Cavalry Division, leads the division with the unit's youngest trooper, Pfc. Joshua Ridele, 18, from Company B, 91st Engineer Battalion. First Team units on Camp Victory North in Baghdad ran completely around the man-made lake on the base camp, a three-and-one-half mile jaunt. Nearly 1,000 Soldiers participated in the run June 14.**

## Take Precautions to Protect Yourself from the Heat

By Spc. Michelle Newbold  
1st Cavalry Division PAO

When pulling gate guard, Soldiers of Headquarters Battery, 4th Battalion, 5th Air Defense Artillery Regiment, 1st Cavalry Division, try to keep cool by taking breaks in a shaded area. In the extreme heat of Baghdad, preventing heat injuries can be a challenge.

"We set up a makeshift shaded area, and we have tons

of water," Cpl. Ryan Woodcraft said. "We also have a shack with air-conditioners."

With temperatures routinely in the 100s, heat injuries are more likely to occur. It is important for everyone to know the symptoms, basic first aid, and preventative measures.

"The human body does not tolerate heat as well as it can tolerate cold," Master Sgt. Tyrone Ward, of 1st Cavalry Division Surgeon's office, said.

"More people die during heat waves than during cold weather."

Heat cramps, heat exhaustion, and heatstroke are the three types of heat injuries. Medical assistance should always be given if a heat injury is suspected.

"Heat cramps are painful cramps of muscles, usually in the stomach, legs, and/or arms," Ward said.

The body temperature

By Master Sgt. Dave Larsen  
1st Cavalry Division PAO

*"I got a letter in the mail; Go to war or go to jail; And it won't be long; 'Til I get on back home."* A steady stream of cadence calls filled the air at the break of dawn as the Soldiers of the 1st Cavalry Division hit the road in celebration of the Army's 229th birthday.

There were no balloons, party hats or streamers in this celebration. Instead, the First Team's commanding general, Maj. Gen. Pete Chiarelli led nearly 1,000 of his troopers on a 3-and-one-half-mile lope around the man-made lake on his headquarters' base camp. Pfc. Joshua Ridele accompanied Chiarelli in the lead of the division, chosen for the honor because he was the youngest Soldier present. The 18-year-old Florence, Ky. native and member of Company B, 91st Engineer Battalion, took his place next to his commanding

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remains normal during heat cramps. If an individual exhibits symptoms of heat cramps, they should be moved to a cooler area, and their clothing should be loosened. The individual should drink a canteen of water. Heat cramps are the mildest form of heat injury, but it is not the most common.

"Heat exhaustion is the most common form of heat injury," Ward said.

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# Practice Protective Measures to Avoid Heat Injuries

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Warning signs of heat exhaustion include dizziness, rapid pulse, nausea, headache, profuse sweating, pale face, weakness, or fainting. Body temperature can rise a little higher than normal.

"Heat exhaustion and heat cramps may occur simultaneously," Ward said.

Medical care for heat exhaustion is the same as heat cramps, except the individual applying first aid should try to cool off the casualty.

"Attempts should be made to cool the individual by pouring water over him, and then fanning to assist in evaporation," Ward said.

If the individual continues to have heat exhaustion, they should drink water. Elevating their legs can also help.

Heat stroke is the most serious of the three injuries. "It is a life-threatening situation requiring immediate medical attention," Ward said.

In a heat stroke, the body cannot control its temperature,

which could climb quickly to unsafe levels.

"An individual suffering a heat stroke may vomit, collapse, be confused, delirious or argumentative, or have headaches," Ward said. Because the individual cannot regulate heat, they will have stopped sweating, also.

The most significant difference between heat stroke and heat exhaustion is body temperature. An individual with heat stroke has a temperature of 104 degrees or more. If someone is confused as to whether it is heat exhaustion or heat stroke, assume it is heat stroke.

An individual with heat stroke needs to be taken to a health care facility quickly. "It is extremely important to cool the body as rapidly as possible," Ward said. The individual should be soaked with water.

"If you have ice packs, use them," he said. If there is a medic nearby, the individual should be given IVs.

"The fatality rate of heat stroke is high," Ward said. "Also, an individual who has experienced a heat stroke before is more prone to a recurrent attack."

Leaders should recognize anyone who is a previous heat casualty.

One of the most important methods in preventing heat injuries is to drink water.

"In hot, dry climates, drinking water is a must in order to prevent heat injury," Ward said. Individuals should not wait until they are thirsty before they begin to drink water. The amount of water an individual drinks depends on the temperature and the amount of activity. The general guideline is to drink three gallons of water per day.

Eating a nutritious diet and avoiding caffeine and tobacco are also preventative measures.

Acclimatization is necessary in the desert. "The key is spending time in the heat and then increasing activity and work levels for the first one to two weeks," Ward said.

Soldiers and leaders must be proactive in order to prevent heat injuries. Knowing the symptoms and proper first aid techniques in heat casualty situations is half the battle.

"Soldiers must ensure they practice individual protective measures," Ward said.



By Spc. Michelle Newbold, 1st Cavalry Division PAO

**Soldiers of Headquarters Battery, 4th Battalion, 5th Air Defense Artillery Regiment, 1st Cavalry Division, sit in the shade during a break in guard duty. The shade keeps them cool when the temperature reaches into the 100s in Baghdad.**

## Schedule of Events

3 p.m. DJ  
4:40 p.m. 1st Cav. Div. Band  
4:55 p.m. Ribbon Cutting Ceremony  
5 p.m. Open  
8 p.m. Close



## GRAND OPENING Pegasus Sports Oasis



**Tuesday, June 15**

## Menu

Grilled Steaks - Lobster  
French Fried Shrimp - Crab Legs  
Sautéed Mushrooms and Onions  
Macaroni and Cheese  
Mashed Potatoes  
Broccoli and Cheese  
Corn on the Cob  
Brown Gravy  
Assorted Salads and Pastries

**Commanding General:** Maj. Gen. Peter Chiarelli  
**Public Affairs Officer:** Lt. Col. James Hutton  
**122nd Mobile Public Affairs Detachment Cmdr.:** Maj. John Fuhrman  
**Public Affairs Supervisor:** Master Sgt. Dave Larsen  
**1st Sgt. 122nd Mobile Public Affairs Detachment:** 1st Sgt. William Kuhns  
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## Killeen's Flagfest 2004 Is Educational, Entertaining

► From *Killeen Daily Herald*  
KILLEEN, Texas- In its own special brand of "edu-tainment," the Multi-Ethnic Cultural Arts Association of Killeen coupled flag etiquette education with a cross-cultural entertainment program to celebrate Flagfest 2004 at the Killeen Special Events Center Sunday afternoon.

The annual festival, which is in observance of Flag Day, honors the U.S. flag, including a traditional flag raising ceremony complete with a fife and drum performance. The closing ceremony consisted of instruction on the proper way to lower and fold a flag, and the meaning behind those rituals.

There was also a ceremonial flag burning at the conclusion of the program. Old and

tattered flags should be burned in a ceremony by a patriotic group, said Dr. Daniel Kott, director and treasurer of the Multi-Ethnic Cultural and Arts Association, or MECA.

Kott's passion was subtle but intense as he talked about the importance of honoring the U.S. flag. As he spoke, Kott emphasized history, tradition and regulations, reciting each from memory.

Flag Day is often lost between the patriotic celebrations of Memorial Day in late May and Independence Day in July, he said, adding that the importance of Flag Day as a learning tool is essential. Many Killeen residents clearly are unaware of federal laws that regulate the display of flags, Kott said, citing the number of

tattered and worn flags flying in the city.

The U.S. flag was not the only icon to receive attention at the celebration Sunday.

More than a dozen flags of other nations, states and territories were on display throughout the special events center, recognizing the roots of the hosting organization.

Also in the spirit of MECA, the event included an entertainment program of song and dance representing cultures from across the globe.

Middle Eastern melodies preceded hula dancing. German music followed traditional Hispanic dances.

The festival, as well as MECA's two other annual events, are funded through the City of Killeen's Arts Commission.



*Killeen Daily Herald*

**Multi-Ethnic Cultural & Arts Association Queen Racine Medina dances Espani Cani, a traditional Spanish dance, at Flagfest 2004 at the Killeen Special Events Center on Sunday**

Baghdad, Iraq		
Tuesday	Wednesday	Thursday
High: 109 Low: 77	High: 105 Low: 74	High: 105 Low: 73

Weather information provided by 1CD Staff Weather Office (SWO)

### Useful Iraqi Words/Phrases

Are you in pain?

aan-dek alam / wa-jaa?

## 1CD's Army Birthday Cake Goes Absent Without Leave

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general as they paced the division. Compared to a birthday bash back home, this was not a typical birthday celebration.

"What do I do on my birthday? I usually just sit around and chill," said 1st Sgt. Edwin Kerns, top sergeant for the division's headquarters company. "I don't run!"

Most Soldiers agreed with the first sergeant's assessment, but this was the Army's birthday they were celebrating, and there was going to be a huge birthday cake to make all the sweat worthwhile. The division annually conducts a division

run, with more than 15,000 participating last year at Fort Hood. In Baghdad, with the division spread out throughout the Iraqi capital, most of the units represented came from the 2nd Brigade Combat Team, located on the adjacent Camp Black Jack.

With nearly a thousand Soldiers lined up awaiting a slice after the 30-minute jaunt, the prospects looked pretty slim to some troops waiting in the back of the line with the 411th Engineer Battalion, an Army reserve unit from Guam.

"Well, I hope we get some of it," said Command Sgt. Maj. Raymond Irie, the battalion's

senior enlisted member.

After a 10-minute wait, the bad news came: the Army birthday cake was Absent Without Leave.

"Commanders, take charge of your units!" Chiarelli finally shouted down the line of troops. "We can't find the cake!"

The cake eventually showed up at the division headquarters building, about an hour after the division was dismissed. It was a three-layered white sheet cake, 3-by-5-feet in dimension, with creamy frosting. It lasted about two hours in the foyer of the building.

The division band per-

formed at the break of dawn run, and then played concerts at three other brigade forward operating bases in Baghdad. At 7 p.m., the band played a final hour-long concert in front of the Victory North Post Exchange.

Even without a sugary birthday breakfast treat, the celebration was a memorable one for many Soldiers.

"This is special," Irie said. "Because for us reservists, this is the first time we've activated with the active component. It's been about 50 years (for us) and it's awesome to be here with the 1st Cav."



## Bucks' Starting Center Skinner Returns for Clinic

► From Killeen Daily Herald

KILLEEN, Texas—Growing up in Temple, an NBA career awaiting him, Brian Skinner rarely attended basketball camp.

He doesn't want other kids to make the same mistake.

Skinner, a former Baylor All-American, now a five-year NBA veteran and member of the Milwaukee Bucks, will hold his second annual fundraiser this week in Killeen benefiting Mesa Family Services, headlined by a basketball camp at Harker Heights High School today through Friday. A golf tournament and silent auction will round out the festivities on Saturday.

Baseball was Skinner's first love, relegating basketball to the back burner. In fact, he was on the "third string B team" when he joined the Temple High School basketball program as a freshman after transferring from private school.

But by the end of his freshman campaign, Skinner, then a

6-foot-1-inch point guard, was running with the varsity, realizing his potential to excel away from the baseball diamond.

He was invited to the rather prestigious ABCD basketball camp as a sophomore, but "when they called my name I wasn't there." Skinner finally attended an invitation-only Nike basketball camp as a high school junior and discovered the benefits were endless.

The 6-9 center is now looking forward to living vicariously through the Killeen area children set to attend his camp.

Ages 7-18 are welcome. The registration fee of \$100 covers a camp T-shirt, group photo, autographs, lunch and a certificate signed by Skinner himself.

Skinner will be joined in the Harker Heights gym this week by fellow NBA players Malik Rose of the San Antonio Spurs, Moochie Norris of the New York Knicks and Skinner's former teammate Kenny Thomas of the Philadelphia 76ers.



Milwaukee Journal Sentinel

**Milwaukee Bucks' starting center, Brian Skinner, will hold his second annual fundraiser camp this week at Harker Heights High School to benefit Mesa Family Services. He will be joined at the camp by other NBA stars.**

Fundamentals will be stressed during the five-day event, according to Skinner, in hopes of building a foundation the children can build on for years to come.

The Bucks starting center is proud to be spreading the love of basketball in general, for a good cause no less.

## Today in History

### June 15

► From [historychannel.com](http://historychannel.com)

**1215** Following a revolt by the English nobility against his rule, King John puts his royal seal on the Magna Carta, or "Great Charter." The document, essentially a peace treaty between John and the barons, guaranteed that the king would respect feudal rights and privileges, uphold the freedom of the church, and maintain the nation's laws.

**1846** U.S.-Canadian border established when Great Britain and the United States sign the Oregon Treaty

**1864** Battle of Petersburg, a vital Southern rail center 23 miles south of the Confederate capital of Richmond, Va., begins

**1877** First African American cadet graduates from West Point

**1969** TV country-western variety show *Hee Haw* debuts, hosted by country singers Roy Clark and Buck Owens

TV GUIDE	AFN ATLANTIC	AFN PACIFIC	AFN Sports	AFN Spectrum
6 p.m.	Lizzie McGuire/ All That!	Tonight Show with Jay Leno/ The Late Show with David Letterman	Toyota Atlantic Series	Patton 4 p.m.
7 p.m.	Jeopardy/ Headline News	Access Hollywood 7:30 p.m.	SportsCenter	The Wild Thornberrys/ Spongebob Squarepants
8 p.m.	ESPNNews/ Headline News	Raging Bull	ESPNNews/ Baseball Tonight 8:20 p.m.	The Simpsons/ Happy Days
9 p.m.	7th Heaven		Friday Night Fights - Middleweights: Kenny Ellis vs. Troy Rowland	Monk
10 p.m.	Signs	Look Who's Talking 10:15 p.m.		ER



**MLB**

AMERICAN LEAGUE

Cleveland 14  
Baltimore 0

NATIONAL LEAGUE

Chicago 7  
Houston 2



**NBA**

FINALS

(Best of 7 series)

Game 5 - Tuesday @ Detroit  
Detroit  
Los Angeles  
(Detroit leads series 3-1)